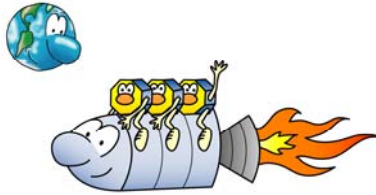


**Craig T., Roanoke, Virginia**  
**"Tortilla Shuttle Salad"\***

\*It gets its name because you can "shuttle" your salad to school this way.

**Ingredients:**

1 tortilla  
1-2 tablespoons ranch dip  
1 large lettuce leaf  
4-6 raw spinach leaves  
1 tablespoon sunflower seeds  
1 tablespoon shredded cheese  
1 tablespoon shredded carrot



**Directions:**

Spread the ranch dip on the tortilla. Then tear the lettuce and spinach leaves into bite-sized pieces. Mix the sunflower seeds, cheese, and carrots with the salad leaves. Place this salad mixture onto the tortilla and roll it up like a burrito. You can eat your Tortilla Shuttle Salad now or pack it in your lunch box.